

2023-2024



College of DuPage



DuPage Medical Group is now:

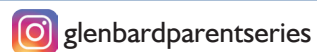
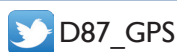


# GPS GLENBARD PARENT SERIES

## *Navigating Healthy Families*



GPS presents distinguished, practical, evidence-based speakers to connect and inspire with strategies to help children of every age thrive. Programs are free, virtual and open to the public. Links and details at [GlenbardGPS.org](https://GlenbardGPS.org)





A'ric Jackson      Drs. Peg Dawson & Richard Guare      Susan Cain      Jennifer B. Wallace      Dr. Matthew Nock      Dr. Lisa Damour      Shelly Tygielski      Adam Braun      Rick Clark

Join families with children of all ages, professionals and the community to help youth belong, engage and succeed.

Dr. David Larson, Superintendent  
Gilda Ross, Student and Community Projects Coordinator

# CALENDAR OF EVENTS

## AUGUST 2023

**TUESDAY, AUG. 15, 6 P.M.**

Kirsten Jones, recorded short program  
**Raising Empowered Athletes for Peak Performance and Lifelong Grit**

*Held virtually at Glenbard North and East*

*Held in person at Glenbard South at 6 p.m. and Glenbard West at 6:30 p.m.*

**TUESDAY, AUG. 22, NOON & 7 P.M.**

Dr. Rebecca Rolland \*  
**The Art of Talking With Children**



**THURSDAY, AUG. 24, NOON & 7 P.M.**

Dr. Peg Dawson and Dr. Richard Guare  
**Smart but Scattered: The Executive Functioning Approach to Help Kids Reach Their Potential**

**TUESDAY, AUG. 29, NOON & 7 P.M.**

Jennifer B. Wallace in conversation with Lori Gottlieb / Julie Lythcott-Haims  
**Never Enough: Inspiring Balanced Achievement, Self-Confidence and the Power of "Mattering"**

## SEPTEMBER 2023

**WEDNESDAY, SEPT. 6, NOON & 7 P.M.**

**Suicide Awareness Month Event**

Dr. Matthew Nock  
**Let's Talk About It! Suicide and Other Destructive Behaviors**

*A conversation will follow with D87 Assistant Superintendent of Student Services, Janet Cook.*

**THURSDAY, SEPT. 7, 7 P.M.**

Frank Palmasani  
**Financial Aid Workshop: Discovering the Best College Fit at the Best Price**

**WEDNESDAY, SEPT. 13, NOON & 7 P.M.**

Dr. Lisa Damour  
**Inside the Emotional Lives of Teenagers: How to Navigate the Bumpy Ride of Adolescence**

**TUESDAY, SEPT. 19, NOON & 7 P.M.**

Shelly Tygielski  
**The Path to Loving Ourselves: Self-Compassion and Self Care for Turbulent Times**

**WEDNESDAY, SEPT. 27, 7 P.M.**

**Community Read**

Adam Braun  
**The Promise of a Pencil: The Story of How an Ordinary Person Can Create Extraordinary Change**

## OCTOBER 2023

**TUESDAY, OCT. 3, NOON & 7 P.M.**

Rick Clark  
**The Truth Behind College Admissions: A Guide to Getting In and Staying In**  
SAT Test update to follow program

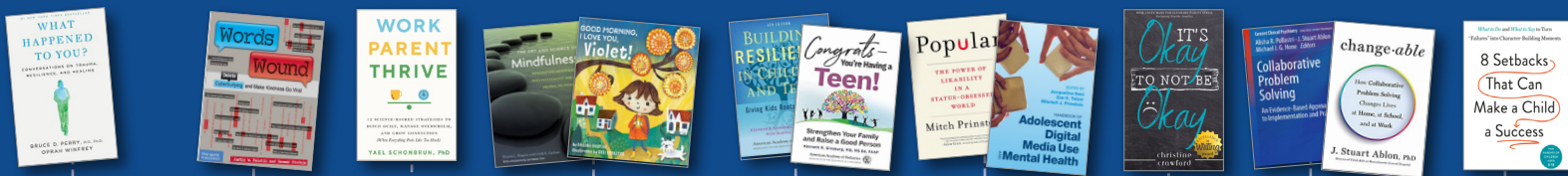
**THURSDAY, OCT. 5, NOON & 7 P.M.**

Dr. Yael Schonbrun  
**Work, Parent, Thrive: How to Ditch Guilt, Manage Overwhelm and Grow Connection (When Everything Feels Like Too Much)**

**WEDNESDAY, OCT. 11, NOON & 7 P.M.**

Bruce Perry, MD PhD  
**What Happened to You: Conversations on Trauma, Resilience and Healing**  
A shift from "What is *wrong* with you?"





Bruce Perry, MD    Dr. Sameer Hinduja    Dr. Yael Schonbrun    Dr. Shauna Shapiro    Ken Ginsburg, MD    Drs. Mitch Prinstein & Eva Tezler    Christine Crawford, MD    Dr. Stuart Ablon    Michelle Icard

### WEDNESDAY, OCT. 18, NOON & 7 P.M.

Dr. Sameer Hinduja  
**Confronting Cyber Bullying and Unwise Social Media Use in Tech Savvy Kids**


## NOVEMBER 2023

### WEDNESDAY, NOV. 1, NOON & 7 P.M.

Sasha Long  
**Can't Do or Won't Do? Executive Function Skill-Building to Solve Behavior Challenges**

*Post-event workshop on neurodiverse students at 1:00 p.m. and 8:00 p.m.*

### THURSDAY, NOV. 2, NOON & 7 P.M.

Dr. Shauna Shapiro \*   
**The Power of Mindfulness to Increase Calm and Joy in Young Children**

### THURSDAY, NOV. 9, NOON & 7 P.M.

Ken Ginsburg, MD *Special 2-Hour Event*  
**Congratulations: You're Having a Teen! The Guidebook You've Always Wanted**

### TUESDAY, NOV. 14, NOON & 7 P.M.

Dr. Mitch Prinstein and Dr. Eva Telzer  
**Update on Social Media and Teen Mental Health**

### WEDNESDAY, NOV. 29, NOON

*Hybrid Event: Zoom & at College of DuPage*  
Timothy Fong, MD

**Under the Influence: Addressing Vaping, Alcohol and Cannabis**

*Pre-event film screening - in person only - at College of DuPage (COD) at 11:00 a.m.*

*"Screenagers -- Under the influence: Addressing Vaping, Drugs and Alcohol in the Digital Age"*

### WEDNESDAY, NOV. 29, 7 P.M.

*Hybrid Event: On Zoom & at Glenbard South*  
Timothy Fong, MD

**Under the Influence: Addressing Vaping, Alcohol and Cannabis**

*Pre-event film screening - in person only - at Glenbard South at 6:00 p.m.*

*"Screenagers -- Under the influence: Addressing Vaping, Drugs and Alcohol in the Digital Age"*

## DECEMBER 2023

### TUESDAY, DEC. 5, NOON & 7 P.M.

Michelle Icard  
**8 Failures/Setbacks That Can Make a Child a Success**

### TUESDAY, DEC. 12, NOON & 7 P.M.

Christine Crawford, MD  
**It's Okay to Not Be Okay: Solutions to Help You Heal**

### TUESDAY, DEC. 19, NOON & 7 P.M.

Dr. Carla Naumburg  
**You Are Not a "Bad" Parent: How to Go Easy on Yourself and Give Yourself a Break**

## JANUARY 2024

### THURSDAY, JAN. 11, NOON & 7 P.M.

Dr. J. Stuart Ablon *Special 90 min. Event*  
**Changeable: The Collaborative Problem-Solving Method to Reduce Anxiety or Challenging Behavior**

### THURSDAY, JAN. 18, NOON & 7 P.M.

#### Community Read

Susan Cain

In conversation with Dan Pink

**Bittersweet: How Sorrow and Longing Make Us Whole**

Teaching Our Kids the Full Spectrum of Human Emotions

### TUESDAY, JAN. 23, NOON & 7 P.M.

Dr. Shefali Tsabary

In conversation with Cathy Adams

**The Parenting Map: Step-by-Step Solutions to Consciously Create the Ultimate Parent-Child Relationship**

### WEDNESDAY, JAN. 31, NOON & 7 P.M.

David Sheff

In conversation with Jessica Lahey

**Beautiful Boy: Everything a Father Learned Through His Son's Addiction**

## FEBRUARY 2024

### THURSDAY, FEB. 1, 7 P.M.

#### Black History Month Event

Dr. Tyrone Howard

**All Children Must Thrive: Nurturing Connection and Belonging**

### TUESDAY, FEB. 6, NOON & 7 P.M.

Mark Perna

**Parents Don't Know Everything: What Experts are Saying About College and Careers**

### THURSDAY, FEB. 15, NOON & 7 P.M.

Dr. Sonja Lyubomirsky

**The How of Happiness in All Areas: Enhancing Your Potential for Joy**



Dr. Tina Payne Bryson      Dr. Carla Naumburg      Judith Warner      Dr. Shefali Tsabary      David Sheff      Mark Perna      Dr. Sonja Lyubomirsky      Donna Jackson Nakazawa      Dr. Ann-Louise Lockhart

**THURSDAY, FEB. 22, 7 P.M.**

### Live Life Well Week Event

Hybrid Event: Zoom & at Glenbard West  
A'ric Jackson

**Motivating the Next Generation to Lead Boldly and Achieve Their Dreams**

Community Resource Fair at 6:30 p.m.

**TUESDAY, FEB. 27, NOON & 7 P.M.**

Dr. Ann-Louise Lockhart \*  
**Parenting Your Young Child Through Meltdowns, Misbehavior and Tantrums**



**THURSDAY, FEB. 29, 7 P.M.**

Dr. Lori Desautels

**The Eyes Are Never Quiet: Listening Behind the Behaviors of Challenged Kids**

## MARCH 2024

**WEDNESDAY, MARCH 6, NOON & 7 P.M.**

Donna Jackson Nakazawa

**Girls and Boys on the Brink: Helping Our Teens Thrive in an Era of Increased Anxiety, Depression and Social Media**

**WEDNESDAY, MARCH 13, NOON & 7 P.M.**

Dr. Ty Tashiro

**The Science of Why We're Socially Awkward & Why That's Awesome: Social Skill Building**

**TUESDAY, MARCH 19, NOON & 7 P.M.**

Dr. Emily Kline

**The School of Hard Talks: Motivational Interviewing for Better Conversations and Stronger Relationships**

## APRIL 2024

**THURSDAY, APRIL 4, NOON & 7 P.M.**

Lynn Lyons

**Understanding Social Anxiety and the Complexity of Teen Relationships**

**WEDNESDAY, APRIL 10, NOON & 7 P.M.**

Dr. Laurence Steinberg

**You and Your Almost Adult Child: How to Grow Together in Challenging Times**

**TUESDAY, APRIL 16, NOON & 7 P.M.**

Dr. Tina Payne Bryson

**Raising Kids Who Feel Safe, Seen & Secure: The Power of Showing Up**

**TUESDAY, APRIL 23, NOON & 7 P.M.**

Dr. Robyn Silverman

**How to Talk to Kids About Anything and Make Tough Talks Easier: Relationships, Teen Health and More**

## MAY 2024

**WEDNESDAY, MAY 1, NOON & 7 P.M.**

Judith Warner

**And Then They Stopped Talking to Me: Surviving Middle School**

### Connect



glenbardparentseries



D87\_GPS



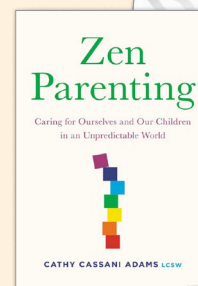
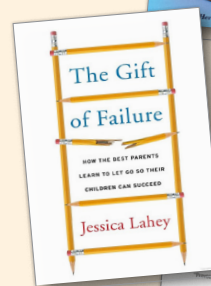
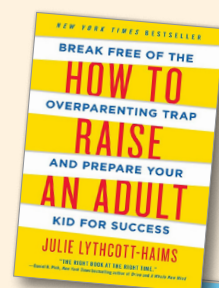
Glenbard Parent Series



Glenbardparents.blogspot.com



glenbardparentseries



\* For parents of children ages 3 to 10





Dr. Tyrone  
Howard

Dr. Lori  
Desautels

Dr.  
Rebecca  
Rolland

Dr. Ty  
Tashiro

Dr. Emily  
Klein

Dr.  
Laurence  
Steinberg

Dr. Robyn  
Silverman

Dr. Derrick  
Wells

Dr. Lourdes  
Ferrer-Allen

## FUSE: Families United in Support of Excellence for all

Especially students who identify as African-American or Black

**THURSDAY, SEPT. 14, 6 P.M.**

*In person, Glenbard West library*  
Dr. Derrick B. Wells

**Valuing and Celebrating our Students' Success**

**THURSDAY, DEC. 7, 7 P.M.**

Susanna Melón, Assistant Director for Student Services, English Learners and District Equity with Timothy Fields. In partnership with the Equity Student Achievement Committee  
**First a Dream: Find Your Future at College Night**

**TUESDAY, DEC. 12, NOON & 7 P.M.**

Christine Crawford, MD  
**It's Okay to Not Be Okay: Solutions to Help You Heal / You're Not Alone**

**THURSDAY, FEB. 1, 7 P.M.**

### Black History Month Event

Dr. Tyrone Howard  
**All Children Must Thrive: Nurturing Connection and Belonging**

**THURSDAY, FEB. 22, 7 P.M.**

### Live Life Well Week Event

*Hybrid Event: Zoom & at Glenbard West*  
A'ric Jackson  
**Motivating the Next Generation to Lead Boldly and Achieve Their Dreams**  
*Community Resource Fair at 6:30 p.m*

## B-PAC / GPS Programs in Spanish

Bilingual Parent Advisory Council

**THURSDAY, SEPT. 21, 7 P.M.**

Lisette Ochoa and Lizette Ramirez  
**Planning for Success in High School and Beyond: The College Application Process**

**THURSDAY, OCT. 19, 7 P.M.**

Ana Belaval, Journalist and TV Personality with Dr. Monica Oganés  
**How to Support Your Child's Health and Wellbeing**

**THURSDAY, NOV. 16, 6 P.M.**

*In person, Glenbard East library*  
Dr. Ferney Ramírez  
**Communication Tips for Talking to Teens**

**THURSDAY, DEC. 7, 7 P.M.**

Susanna Melón, Assistant Director for Student Services, English Learners and District Equity in partnership with the Equity Student Achievement Committee  
**First a Dream: Find Your Future at College Night**

**THURSDAY, DEC. 14, 6 P.M.**

*In person, Glenbard North Library*  
Dr. Ferney Ramírez  
**Motivation and the Power of Achievement**

**THURSDAY, FEB. 8, 7 P.M.**

Dr. Lourdes Ferrer-Allen  
**A Blueprint for High School, College and Career Success**

**THURSDAY, MARCH 21, 6 P.M.**

*In person, Glenbard West library*  
Dr. Mario Guzmán

**The Parent Child Relationship: Balancing Love and Authority**

**THURSDAY, APRIL 18, 6 P.M.**

*In person, Glenbard North library*  
Dr. Ferney Ramírez  
**Strategies to Be the Parent You Mean to Be**

## B-PAC / GPS Program in Gujarati

**THURSDAY, SEPT. 28, 7 P.M.**

Krina Gandhi  
**Mental Health Essentials for Successful Parenting**

## B-PAC / GPS Program in Urdu & Hindi

**TUESDAY, JAN. 30, 7 P.M.**

Mehak Hafeez  
**Keys to Successful Parenting**

## GPS Program in Spanish

**THURSDAY, APR. 11, 7 P.M.**

*Early Childhood Event*  
Mariana Gutierrez \*  
**Making Connection Through Play**



Events are **free**, virtual and open to the public.

We welcome all public, private, parochial and home-school parents, caregivers and families, along with students, school staff and community members throughout Chicagoland and across the country.

CONTINUING PROFESSIONAL DEVELOPMENT UNITS ARE AVAILABLE.

### Thanks go to our additional partners for their support

#### Northwestern Medicine

Marquardt School District 15  
Queen Bee School District 16  
Glen Ellyn School District 41  
Lombard School District 44  
Community Consolidated School District 89  
Community Consolidated School District 93  
Community Consolidated School District 181  
Elmhurst CUSD 205  
Community HS District 99  
Lake Park High School District 108  
Barrington Comm Unit 220  
High School District 214  
Naperville Community Unit SD 203  
Community HS District 94  
DuPage High School District 88  
Lisle Unit School District 202  
School District 45  
Libertyville High School  
Valley View CUSD 365U  
Bensenville School District 2  
Indian Prairie SD 204  
Cass School District 63

#### Positive Youth Development (Oak Park/River Forest)

Benjamin School District 25  
Lyons Township HS District 204  
Downers Grove SD 58  
West Aurora School District 129  
Butler School District 53  
Fenton Community High School  
Bloomington SD 13  
WW Community Unit District 200  
West Chicago Elementary D33  
WW Early Childhood Collab.  
Community Speaker Series  
Addison Public Library  
Bloomington Public Library  
Carol Stream Public Library  
Elmhurst Public Library  
Glen Ellyn Public Library  
Glenside Public Library  
Helen Plum Public Library  
Hinsdale Public Library  
Wheaton Public Library  
Woodridge Public Library

#### Friends of the Glenside Library

Community - The Anti-Drug  
Technology Center of DuPage

#### Illinois PTA

#### Illinois CASA

#### Glenbard Education Association

ICNA Relief  
NAMI DuPage  
Glenbard Booster Clubs  
YPRC at Prevention First  
On Balance Parenting  
Interfaith Mental Health

#### Coalition

#### West Nation

#### Navigating Adolescence

Family Action Network  
One Community  
Stand Strong Coalition  
Glendale Heights Youth  
Commission  
Elmhurst Youth Commission  
Municipalities of Carol Stream,  
Glendale Heights, Glen Ellyn  
Lombard and Wheaton  
Glen Ellyn Chamber  
COSEM  
League of Women Voters, GE  
Teen Parent Connection  
LEAD

#### Deerfield Parent Network

WeGo Together for Kids  
Love Like Lija  
Serenity House  
Elyssa's Mission  
Erika's Lighthouse  
Rosecrance Health

#### Ascension Alexian Brothers

#### Behavioral Health

Compass Health Center  
Marvelous Minds

#### Link Together Coalition

Growing Resiliency in Teens 2

#### B. R. Ryall YMCA

#### Tri-Town YMCA

YWCA Met Chicago  
Glen Ellyn Youth and Family  
Counseling Service  
360 Youth Services  
NEDFYS  
NAACP Youth Council  
Candor Health  
Anderson's Bookshop  
The Bookstore Glen Ellyn  
Yorke Print Shoppe

Please visit **GlenbardGPS.org**

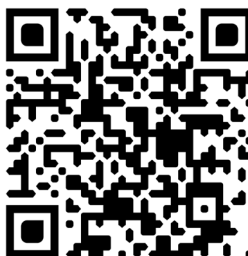
for program details, schedule updates and parent resources.

All GPS programs will be conducted virtually, Central Time (CT), via Zoom, unless otherwise noted.

## CHECK OUT OUR VIDEO LIBRARY!

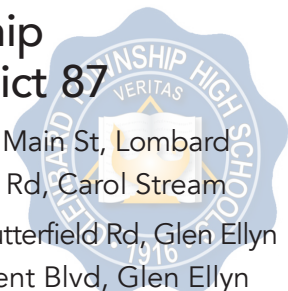


Full length  
programs,  
previews and  
Q&A sessions  
with experts.



## Glenbard Township High School District 87

Glenbard East: 1014 South Main St, Lombard  
Glenbard North: 990 Kuhn Rd, Carol Stream  
Glenbard South: 23W200 Butterfield Rd, Glen Ellyn  
Glenbard West: 670 Crescent Blvd, Glen Ellyn



For questions, contact Gilda Ross, Glenbard Student and Community Projects Coordinator, at (630) 942-7668 or [gilda\\_ross@glenbard.org](mailto:gilda_ross@glenbard.org)